



# Central Bucks West Football

## Parent/Player Mandatory Meeting Minutes

### August 1, 2018

Start: 7:05 PM

Adjourned: 7:45 PM

#### 1. BOARD MEMBERS PRESENT

1. Tim Bartle, Treasurer
2. Deborah Parker, Senior Rep
3. Jocelyn Tumolo, Junior Rep
4. Bonnie Kuller, Sophomore Rep
5. Denise Young, Sophomore Rep
6. Jen McGuire, Freshman Rep
7. Lisa Laatsch, Secretary

#### 2. MESSAGE FROM ATHLETIC DIRECTOR, HENRY HUNT

- a. Mr. Hunt addressed district's decision for practice at Kutz Elementary School
- b. Mr. Hunt is available for any questions or concerns, just email/call him.

#### 3. MESSAGE FROM COACH, ROB ROWAN

- a. Coach Rowan addressed audience:
  - 1) Building together
  - 2) Confidence and belief in one another
  - 3) In a good place now, over last 8 months
  - 4) Much improvement in squatting – even an increase of 100 lbs for someone – congratulated players
  - 5) Intro coaches who were able to attend
  - 6) Marines came to be part of training today – great inspiration for players
  - 7) Coaching standard – shared Power Point slides
    - a. Coach to coach
    - b. Create connection
    - c. Authenticity
    - d. Teach mindset
    - e. Be the standard
    - f. Physical identity
  - 8) What has the team been doing for the last 8 months?
    - a. Working together
    - b. Building trust and a team
    - c. Building person identity
  - 9) Camp schedule
    - a. Clearly laid out on website -Westfootball.com
      - i. Film
      - ii. Lifting

- iii. Leaving for Kutz
- iv. Follow heat acclimation schedule
- v. Lifting in fall at 6 AM (JV and Varsity only)

10) 9<sup>th</sup> Grade Inclusion

- a. Practice – all together, reasons why and safety addressed:
  - i. Transportation was difficult
  - ii. 9<sup>th</sup> graders will wear black jerseys, others in gold
  - iii. 9<sup>th</sup> graders contact only with 9<sup>th</sup> graders, jerseys help to identify
  - iv. Positive spin of 12<sup>th</sup> grade leaders
  - v. 9<sup>th</sup> grade will be with others during individual periods of practice, then on own for teamwork

11) Attendance Policy

- a. Establish culture to not miss
- b. Need to have policy to keep
  - i. Unexcused practice
    - 1. 1<sup>st</sup> time - out for ¼
    - 2. 2<sup>nd</sup> time - out for ½
    - 3. 3 times - out for game
    - 4. 4 times - dismissed

12) Families can positively impact program

- a. Assist to establish challenging, realistic goals
- b. Emphasis personal improvement and not on just win
- c. Promote team unity

13) Communication from coach

- a. Strategies to improve performance in classroom and on field
- b. Behavior concerns and or ways to be more productive with the management
- c. Practice habits
- d. Will not communicate about performance vs. another player
- e. Will talk after the season about scheme and previous game strategy
- f. Encourages child to speak directly to coach first with concerns
- g. Call or email coach in advance to set up a meeting appt. with the meeting intention made clear
- h. Doesn't recommend to attempt a meeting after a game – give it 24 hours – emotions are heightened

14) Social Media Presence

- a. Emotions are high after a game, be careful of negative vibes that may be made through social media – careful of timing when posting
- b. It is forever permanent – does not go away
- c. Do not use social media to post anything about another team or a negative remark of your own team. It will be handled justifiably and swiftly.

15) Coach ends with TRUST US

- a. Character and competence of coaches spans over many years and much devotion to the athletes
- b. What they are trying to instill is what families are trying to instill as well, so trust they are doing the right thing.
- c. Compliments to families for young men they have raised.

**4. BOARD PRESIDENT, DEB PARKER, MESSAGE**

- i. Hand out yard signs and jerseys
- ii. Introduce board members
- iii. Request New Board members (Freshman and Senior)
- iv. Picture Day – August 10<sup>th</sup> -- 7:30-10:00 AM Marge will be there to take pictures of seniors and Lou will be there for individual shots
  - 1) Seniors arrive at 7:00
  - 2) Senior parents be on field for 7:15
  - 3) Freshman, sophomores, juniors arrive 7:15
  - 4) Freshman will be taken individually and as whole team
  - 5) Give envelopes out to have filled out prior to picture day (Jen and Jocelyn will be there on picture day to complete picture day information)
- v. Chair opportunities
  - 1) Freshman pretzels
    - a. Jen will send a signup genius for ½ time snack
  - 2) JV pretzels
  - 3) Co-chair Kick, Pass, Punt
- vi. Fundraisers
  - 1) Dine and Donate Station Tap House – Aug 25 - 11 AM to Midnight- back room available for CB West Football
    - a. Raffle baskets – collecting on Monday nights
    - b. Silent auction
  - 2) Drive to Give – September 8 10-3
    - a. Need 300 drivers
    - b. Can get \$6,000 from Ford Motor Co. and Fred Beans
    - c. Kick, Pass, Punt 1-3 event
  - 3) Chipotle October 8<sup>th</sup>
  - 4) Pregame meal sponsors – still looking to get some games sponsored

- 5) Sponsor Appreciation night – CB South Game
- vii. Seniors
  - 1) Hand in bios if didn't already
  - 2) Senior night 9/28
  - 3) Only Night/Pot Luck – 9/28
  - 4) Senior Hosted Dinners -need co-hosts

Prepared by

*Lisa Laatsch*

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Secretary